Gout and kidney disease: “The Illusion of Simplicity”

Dr. Christopher Parker
Thanks to our speaker!

Christopher T. Parker, D.O., FACP

- Chief, Austin Diagnostic Clinic
- Medical Advisor of the Alliance for Gout Awareness
- Rheumatologist and an esteemed professional speaker and educator to physicians.
- Served on the teaching faculty during his years at Walter Reed and Brooke Army Medical Center where he was recognized as teacher of the year twice.
Game Plan

- The causes, symptoms, and risk factors for gout
- The connection between gout and kidney disease
- The treatments for gout
Gout: A type of arthritis
Why Do We Get Gout?

1 IN 10 PEOPLE with chronic kidney disease ALSO HAVE GOUT

#NationalKidneyMonth
“The Disease of Kings and the King of Diseases”

- President Thomas Jefferson
- King Henry VIII
How do we diagnose gout?

- History and Physical
- Family History
- Lab and Imaging
- Rheumatologist if needed
What do uric acid crystals look like?
Firm Diagnosis

Remove fluid from joint
Treatment
Goals of Treatment

• STOP the current flare
• Prevent future flares
• Prevent permanent joint damage
• Prevent organs from being damaged
• Improve quality (length) of life
Management Basics If Flaring Now

- Analgesic (pain medications)
  - NSAIDs
  - Opioids

- Anti-inflammatory
  - NSAIDs
  - Steroids
    - Oral
    - Injectable (IV, IM)
  - Colchicine
Prevention: How Do You Lower Uric Acid?

- **Education**
  - Patients don’t know the sUA goal (3)

- **Diet**
  - Alcohol (1)
  - Weight Loss (2)

- **Remove medicines that raise uric acid**
  - HCTZ, ASA

- **Add medicines designed for something else that also lowers uric acid**
  - Losartan (Cozaar) 50 qD, Leflunomide (Arava), Sevelamer (Renagel)

- **Add medicines designed to lower uric acid**

  2. Arthritis Care and Research 2016;68:1036-42
  3. Arthritis Care and Research 2016;68:1028-35
GOAL: Uric Acid Below 6 (1)

- **Probenecid**
  - BID
- **(Sulfinpyrazone)**
- **Vitamin C or “Cherry Juice”**
- **Lesinurad (given with Allopurinol or Febuxostat)**
  - qD
- **Allopurinol**
  - $\leq$300mg qD (2)
  - HLA-B*5801 (4)
  - MC Rx in Europe to cause SJS or TEN (3)
- **Febuxostat (Uloric)**
  - qD
- **Uricase (Krystexxa)**
  - IV infusion

4. BMJ. 2015;351:h4848
**Allopurinol vs. Fubuxostat**

- **Allopurinol**
  - Not expensive
  - Renal adjustment for safety
  - As many as 50% do not achieve uric acid target at standard dosage

- **Fubuxostat**
  - Brand name
  - No adjustment for even severe renal impairment (1)
  - Stabilize kidney function (1)
  - Heart

1. Arthritis Rheum 2016; 68(8) 2035-43
What if standard treatments don’t work?

• “Refractory gout” means usual medications not working adequately or not tolerated

• Pegloticase (Krystexxa)
How do you know uric acid is under control?

• You MUST check!
• At the lab
• At home
  – Home testing kits
Home Monitoring of uric acid

- www.urictest.com/#NoGuessing
Conclusions

• Gout is common, painful, destructive...
• Message of hope: “Either you manage gout, or it manages you.” –Gary Ho
• This disease IS manageable!
Live Q&A

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